

Rainbow Cups

Makes 8 servings (1 serving = 1 cup)

Ingredients:

- 1 orange bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 2 cups dried shiitake mushroom, soaked, stems trimmed and diced
- 1 cup diced jicama
- 1 cup fresh soybeans
- ½ teaspoon sesame seed oil
- 1 teaspoon sugar
- ¼ teaspoon salt
- 1 tablespoon cornstarch
- ½ cup water or stock
- 8 spring roll wrappers (cut into round shape)
- nonstick vegetable oil spray

Instruction:

- 1. Preheat oven to 325° F
- 2. Lightly coat large muffin cups with nonfat cooking spray.
- 3. Place a spring wrap in each muffin cup, and press firmly against the sides; bake in preheated oven until wrappers turn crispy and golden brown, about 1 minute.
- 4. Heat a large nonstick pan over high heat. Add vegetables and sesame seed oil and sauté until tender-crisp, about 3 to 5 minutes; season with sugar and salt.
- 5. In a large bowl mix cornstarch and water. Stir to eliminate lumps. Add to vegetables. Remove from heat.
- 6. Using a small spoon, scoop vegetables into spring roll cups and serve immediately.
- 7. Store unfilled spring roll cups in an airtight container and use within 3 days.



Nutrition tips:

The combination of jicama, bell peppers, mushrooms, and fresh soybeans add interesting texture, flavor, color, phytochemicals, and fiber to this recipe.

Green bell pepper and button mushrooms can replace red and orange bell pepper and shiitake mushrooms for lower cost.

Fresh soybeans are kept in the freezer section of the supermarket. If fresh soybeans are not available, use other dried beans such as chickpeas or navy beans.

Nutrition information per serving:

Calories: 161

Total fat: 2 g

Saturated Fat: 0 g

Cholesterol: 3 mg

Sodium: 241 mg

Fiber: 4 g

Carbohydrates: 26 g

Protein: 8 g